made by boiling down the solution obtained by straining a decoction of water and the ashes of banana leaves; it contains, of course, some of the inorganic salts from the banana leaves. Without this addition, snuff is said to lack its proper aroma. The Angoni do not warm their snuff, but add a snuff made in a similar way from cow dung.

Food stuffs. According to the general supposition, the native lives on a very monotonous diet, with a great excess of carbohydrates to the exclusion of proteids and fats. While it is certainly true that he does not consider that he has been fed without his "whack" of flour (maize, millet, rice or cassava), still he feels that his meal is a poor one if it does not also include some secondary dish, such as beans, fish, or green vegetables cooked like spinach.

The grains chiefly grown and used by the Yao are maize, millet, and a certain amount of rice.

Millets (sorghum): *Mapembe*, a tall variety, eight feet high, which is harvested late; *Mapembe ya mwanji*, a hairy variety; *Liambalabo*, a short kind, five feet high, which matures early; *Mbulwe*, characterized by the fact that the ripe grains will fall when the plant is shaken, and by a rather bitter taste; *Nandenji*, a variety six feet high which ripens quickly; *Kapile*, a shorter variety with a bitter taste but, according to the natives, a pleasant smell. (It makes good beer.)

Eleusine: *Liwanje*, about four feet high with very small grains; *Chindumbo*, used for making a very strong beer; *Mwindi*, a variety eight feet high. Cyprus grasses: *Usanje*; there are two varieties, *Kamubata*, which curls up and is used for making strong beer, and another kind which is not curly.

Maize: A number of varieties of the species *Zea mays* are grown by the Yao: *Chiaoua*, a black-grained variety; *Nampinda*, red maize; *Liwanje*, the seeds of which are large, white, and dented; *Nanchinga*, with grains flattened on the free surface; *Kanjalanjala*, a dwarf maize about four feet high.

Rice (*Oryza sativa*): *Mpunga* (generic name *Likoti*), a large-grained variety; *Singuwa*, with very long grains; *Linguwindimba*, red rice; *Mbangala*, characterized by the strong, not unpleasant odor it gives out when being cooked.

Cassava: *Chinampwe* is grown everywhere, but the Yao do not prepare flour from it, preferring to eat it raw at odd times. There are several varieties; *Chinampwe cha chiwawa*, white cassava; *Chinampwe cha mbwani*, a brown variety; *Liwupa*, a bitter species (*Manihot utilissima*) which produces a very large root; *Chilusi* and *Kamwanye*, varieties of *Manihot aipi*, the former characterized by its long, tapering leaves, while the latter is a dwarf variety with a big root.

Beans: there are a number of species of beans grown: *Mbarawanda* (*Cajanus indicus*), *nguvala* (*Vigna sativa*), *mbawwa* (*Phaseolus mungo*), *mbwanda*, (*Phaseolus sp.*), *nkambakodo*, (*Phaseolus sp.*), *nguvalamalisi*, and a ground bean *njawa* (*Voandzeia subterranea*).